

A NOMADIC

tutors AGUADO ROCA / MAITE ZAPATA CEBRIAN / HECTOR

CLOUD

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I WANDERED, FREE AS A CLOUD.

Keywords

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The fast-paced modern urban social lifestyle not only brings us convenience but also a huge amount of stress and anxiety. It may come from work, family, or society, etc. Under the environment of the crazy pursuit of efficiency, employees in the workplace will have a

ABSTRACT

sense of anxiety and insecurity, which will bring a greater sense of powerlessness. Meanwhile, at Emory University, Sharon Bergquist pointed out in the research that excessive stress will damage our immune system and bring some corresponding health problems.

People usually use the word 'heavy' to describe stress, but could we make ourselves temporarily forget about it, space out ourselves. Or maybe we could escape it in some artistic way. 'A Nomadic Cloud' is a temporary street-based installation aim to reduce people's daily stress. It will mainly present it in an inflatable cloud form, which shows a strong contrast by combining the heavy daily stress and the fluffy air-feel freedom. Meanwhile by linking the new form of digital lighting, and finally display it in a cosmopolitan area among the world as a nomadic contemporary street installation.

THE INTRODUCTION

Objective

Hypothesis

Methodology



| Nimbus by Berndnaut Smilde.

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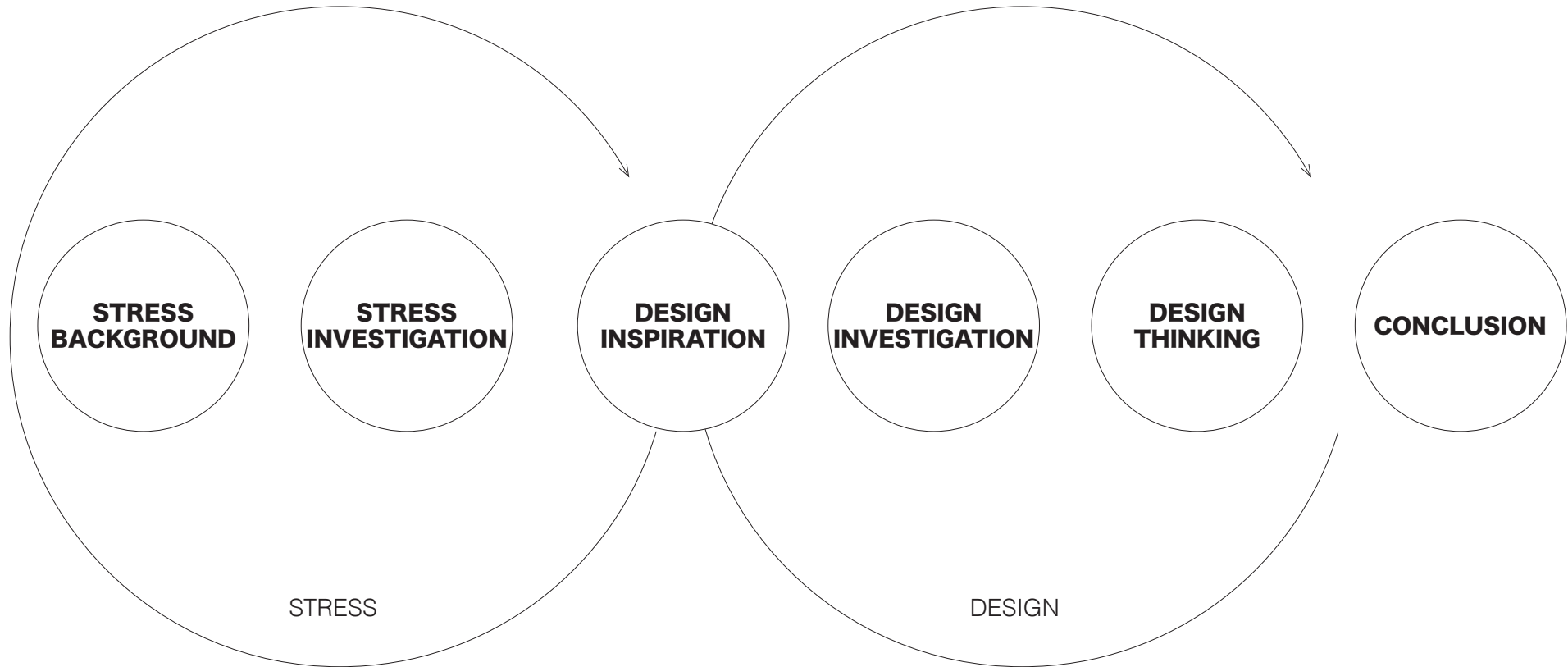
| A by Joan Brossa.

HYPOTHESIS My main goal is to hope people could achieve a **decompression** effect through my design. I hope that through this installation, it could reduce and relieve the stress, anxiety and other negative feelings, for anyone who has **during the stressful daily life**, in a fun way so that everyone who comes to communicate with the design could space out themselves for a short break during the busy day, organize their personal mood, be **ready to face the next challenge**.

OBJECTIVE Back in the 1960s, at that moment, in the market of Modern Art & Design, the design of installation became to appear more and more. The word “installation”, which created in the 1970s, usually be used to describe those artworks which were created for interior spaces such as the gallery, museum. The form of the installation design could be either temporary or permanent. **The first “ephemeral” installation**, designed to be destroyed after a brief exhibition, was realized in **1956** in **Barcelona** by the Catalan poet **Joan Brossa**.

In the long course of art & design history, conceptual art is a relatively new thing. Although its appearance time is not long, it does account for a large proportion in the field of contemporary design. The meaning is more abundant, **not so much as a form**, it is **better to consider as an experience**, it is an indispensable medium in our society, it **enriches our lives**, it is a kind of dynamic three-dimensional art flows in our daily life.

METHODOLOGY



THE STRESS

Society

Audience

Anti-Stress



| Photo by Ryoji Iwata, Shinjuku, Tokyo.



SOCIETY

Over-stress is one of those most common urbanization problems. People try to find a breathing gap in the fast-paced, high-intensity life. Stress is an unfortunate but unavoidable side effect of our busy lives. Anxiety disorders are the most common of mental disorders and will affect nearly 30% of adults at some point in their lives. An estimated **284 million** people worldwide experienced an anxiety disorder in 2017, making it the most prevalent mental health disorder around the globe.

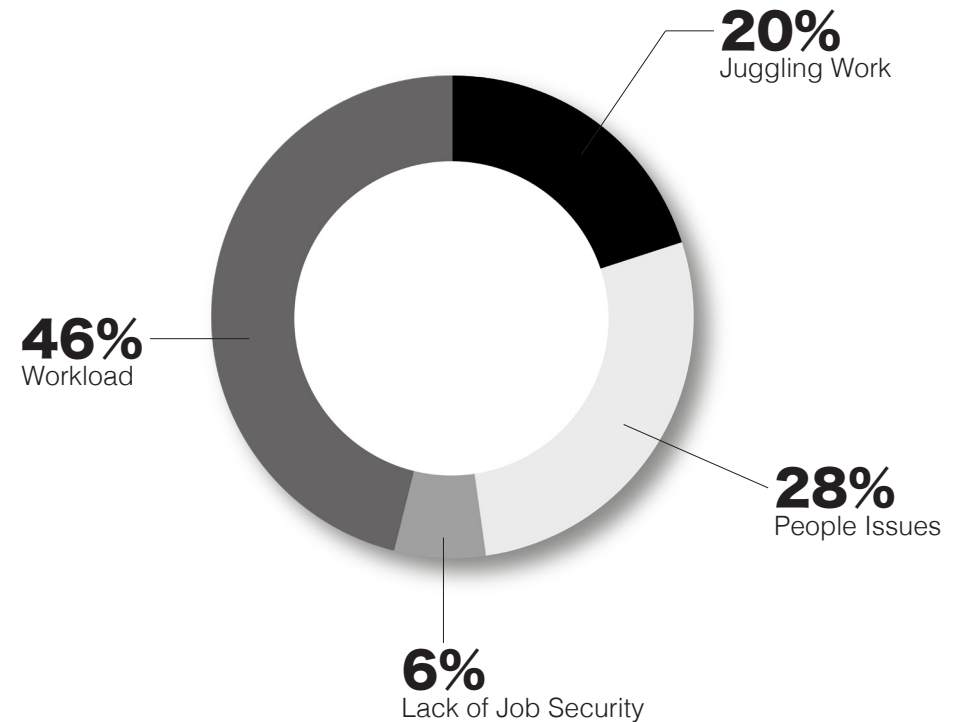
According to Gallup, **23% of employees** report feeling burnout at work very often or always, while an additional 44% reported feeling it sometimes. In May 2019, the World Health Organization included burnout in its **International Classification of Diseases (ICD-11)**.

Sleep research site Savvy Sleeper recently conducted a study to determine the cities with the highest and lowest levels of workplace stress in the world. The study focused at those main categories which related to health problems and the working standards, the research found out that **Tokyo** as one of the highest levels of job burnout city in the world, with the lowest scores for motivation and attendance, and most people sleeping less than seven hours per night.

In 1997, an office furniture manufacturer (Steelcase Corporation) made a research specially for the office workers who work in the cubicle and it turned out that **93%** of people wanted to change their working environment. Time fly to 2017, a global poll conducted by Gallup has uncovered that out of the world's one billion full-time workers, only 15% of them are engaged at work which means around **85%** of the office worker is **unhappy** with their working place.

Numerous researchers have hypothesized or found that **female** correctional officers **experience greater** job-related **stress than** their **male** counterparts. Psychological stress can both mimic and exacerbate the effects of aging, with older adults often showing greater immunological impairment to stress than younger adults. The stress of the **young generation** is mostly reflected in **hard-working** in the office, achieving **personal financial freedom**, or busy taking care of finding a balance of working and their personal life. The pressure of the **elderly** may be more manifested in their own **health statements** or their **financial security**.

THE SOURCE Where did so much pressure come from? According to the Employee Assistance Programs (EAP) survey made by ComPsych, it showed off that the main source of stress is from **work**. Office is one of the most common sources of stress and anxiety in the modern society we are leaving in. **Unsatisfactory salaries, overworked workload, few opportunities for growth or advancement, gender inequality** and so on make our working life seems not so easy for us. In **China**, there is now come to a new **996 working mode** which means employees have to work from 9:00 am to 9:00 pm, 6 working-days per week, totally 72 working hours per week.



ANTI-STRESS



| Photo by Nocella, Three Lions, 1958.

EXERCISE Based on a study made by the department of biological psychology, Vrije Universiteit Amsterdam. They investigated from couples of adolescent and adult twins and their families also who participated in the study on lifestyle and health from The Netherlands Twin Registry (1991–2002). Exercise participation, anxiety, depression, and personality were assessed with self-report questionnaires. The study provided the previous findings that regular exercise is cross-sectionally associated with lower neuroticism, anxiety and depression, and higher extraversion and sensation seeking in the population. At the same time, **reasonable exercise** can also play a role in helping sleep, and laterally **improve** the problem of **anxiety** and **stress**.

DEEP PRESSURE STIMULATION

Deep pressure stimulation has been defined as the sensation produced when an individual is hugged, squeezed, stroked, or held which could improve and reduce the nervous sensation. Deep pressure stimulation is based on sensory integration theory as initially developed by Ayres in the 1960s and 1970s. DPS could be applied with the hands, special massage tools, or some particular products that could allow people to wear or wrap around themselves to provide pressure. If people follow the standards, this therapy triggers a chain reaction in the body that releases an overall sense of calm and peace.

INFLATABLE DESIGN

The Virginia Commonwealth University once applied with a Vayu Vest (a vest that could be inflated with air to apply pressure to the body), on both autonomic arousal and performance in a normative adult sample to try to test the effects of Deep Pressure Stimulation on physiological arousal. They ended up with the conclusion that DPS is capable of eliciting changes in autonomic arousal and may be a useful modality in diagnostic groups seen by occupational therapy practitioners. Through this study made me interested in the inflatable design and started my research about it.



| Arco ventre by Ernesto Neto, 1999.

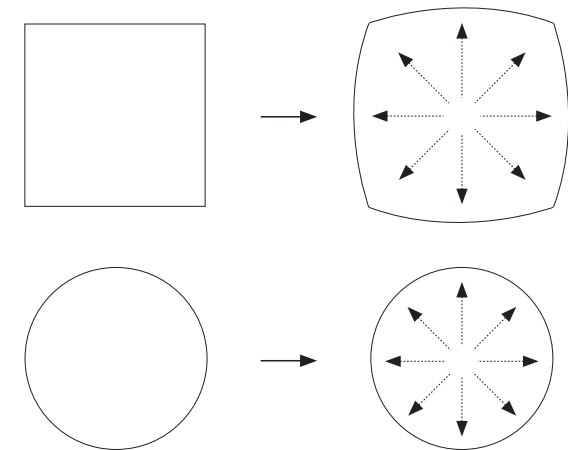
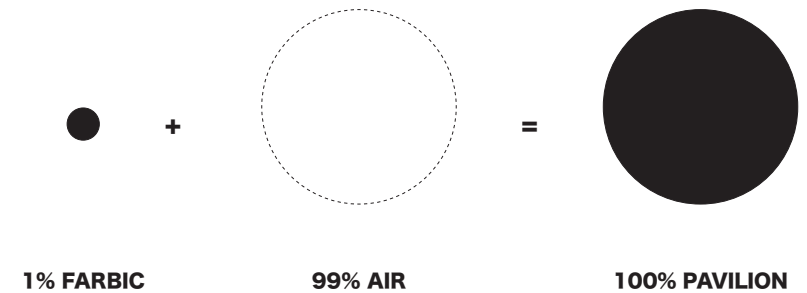
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THE DESIGN INSPIRATION



| Three men inside Graham Stevens's inflatable

SKUM means foam in English. It was finished in 2016, Copenhagen, Denmark. It was a mobile structure designed for three Danish institutions: Tuborg Brewery, Chart Art Fair, and ARoS Aarhus Kunstmuseum. The inspiration was from the inflatable castles of childhood. The whole pavilion needed 7 minutes to fully inflated, the idea behind its construction was to plug in and play, said by the designers. BIG chose to use inflatable design due to the structure itself was a permanent structure that is also fully transportable. Debuting as the Tuborg VIP bar at Roskilde Festival 2016, the pavilion features a 120 square meter canopy for visitors to relax under its generous shade.



The inflatable structure doesn't work well with objects created by the flat surface, however with spherical objects. The air pressure distributes evenly to each point on the surface, allowing the object to maintain its integrity across, said by the BIG Group.

THE DESIGN INVESTIGATION

Shape

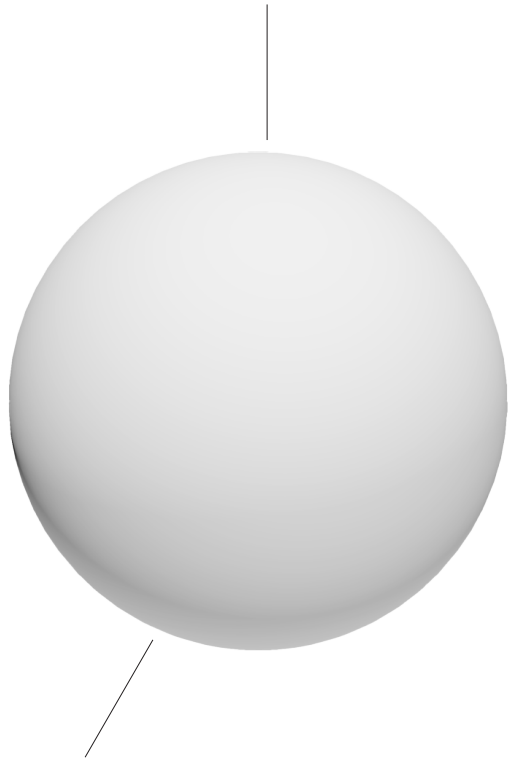
Color

Material



| Balloons for Miles by Charles Pétillon.

ETERNITY, UNIVERSE, MAGIC, MYSTERY The No beginning nor ending make eternity became the first and foremost meaning of the circle which is closely related to the sun and the earth and some other objects in the universe. Therefore, the circle often gives people a sense of magic and mystery feeling. Plus, the round shape also gives a soft feeling.

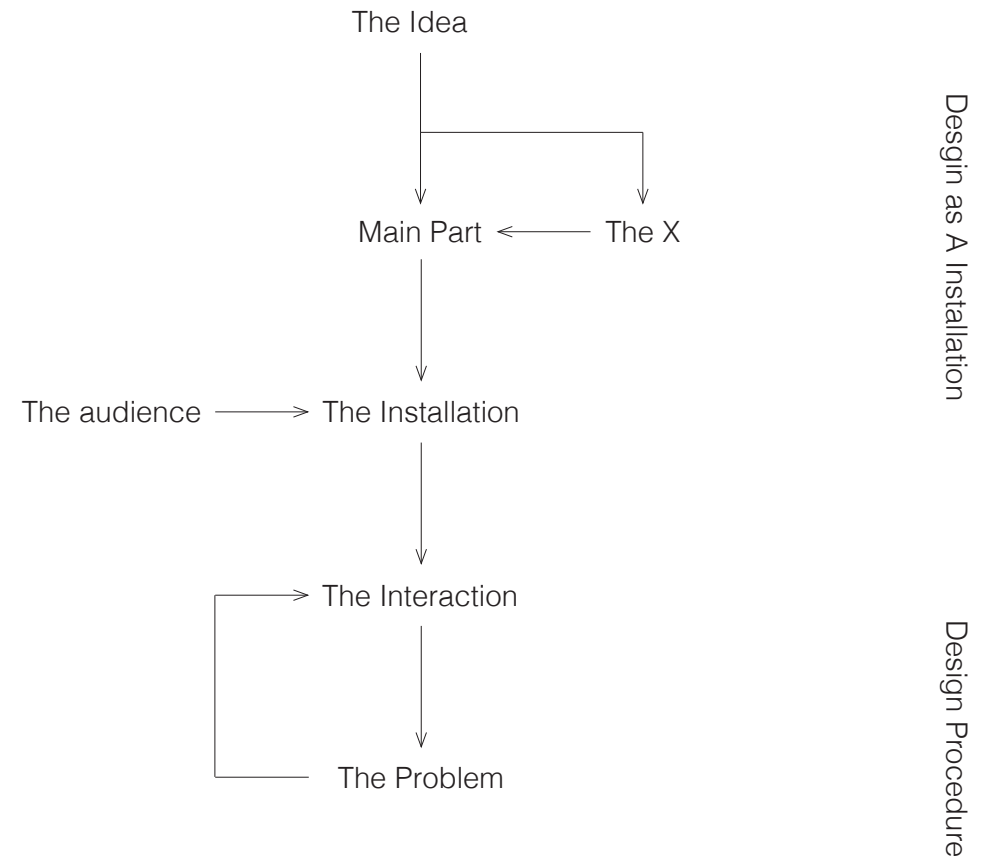


THE TPU The full name of TPU is thermoplastic polyurethane elastomer rubber, it's an environmentally friendly material. TPE has a medium-low hardness.

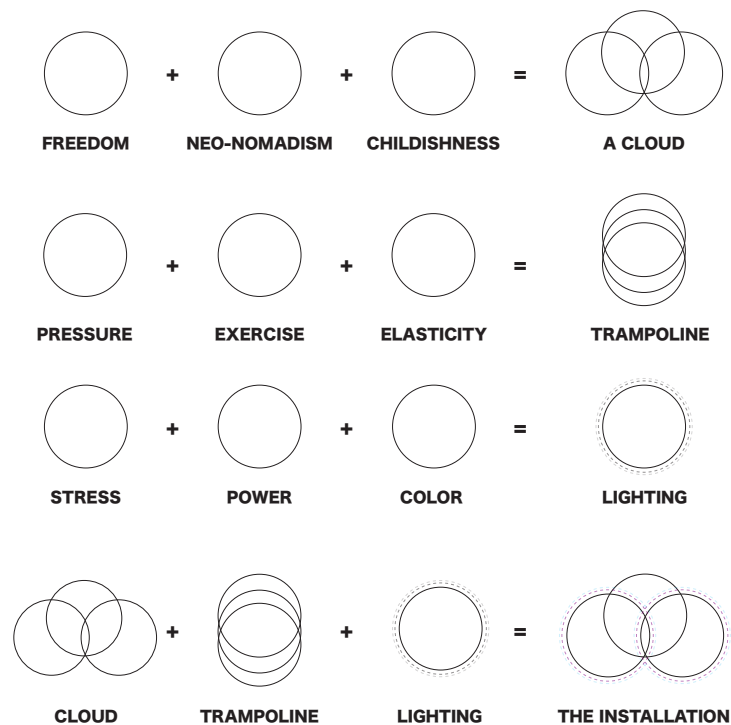
The elasticity and elastic recovery properties of TPU are better than other similar materials, which makes it not easy to deform. TPU products generally have a hardy feel and strong friction resistance.

PURITY, CLEANNESS, PEACEFUL In design industry, white is usually has a neutral meaning. It could also be used to convey concise ideas. Among the minimalist designs, white is the most used one. White could be used to indicate winter or summer, depending on the design patterns and the colors around it.

THE DESIGN THINKING



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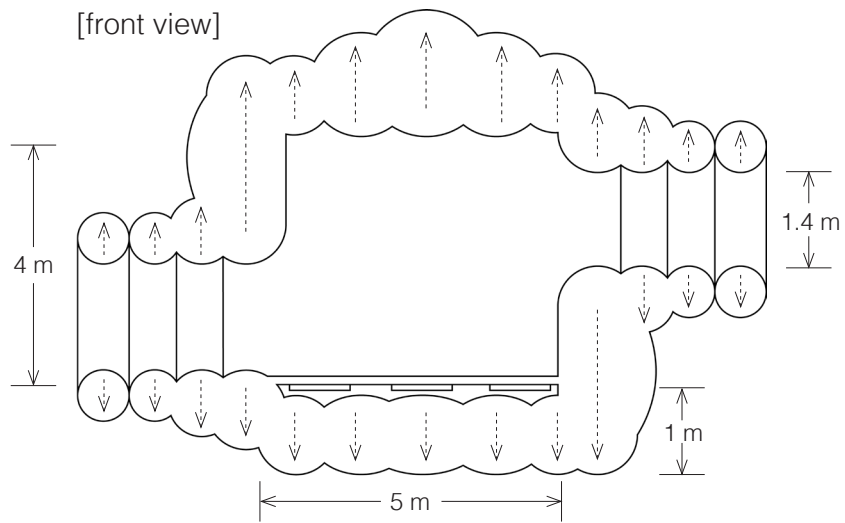
Life is not all about counting dollars, but also about counting stars. Due to the anti-stress features, I would like to use the inflatable structure as the base-part, not only because of the **fluffy** feeling could make a strong contrast with the serious and square surrounding building, but also based on the effective DPS principle, which could give a deep pressure onto the participants, which could reduce the stress by using the installation.

In the choice of shape, I would like to make it look like **a cloud**. Clouds always represent a **soft, clean, floating, and freedom** feeling. There's **no origin, neither destination**. No matter in which cultures, which make it a borderless meaning. Drop into a cloud, how wonderful it will be feel like during the hard working day.

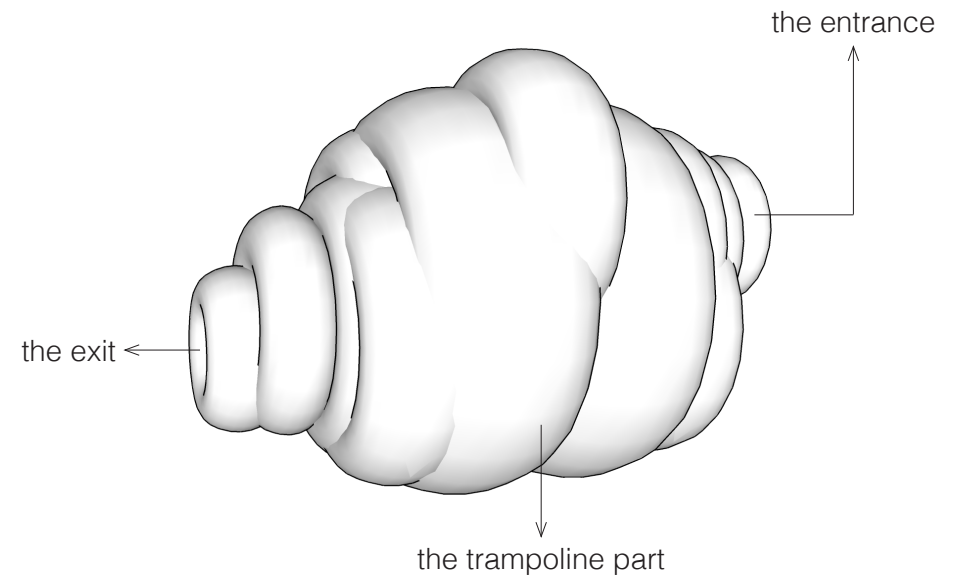
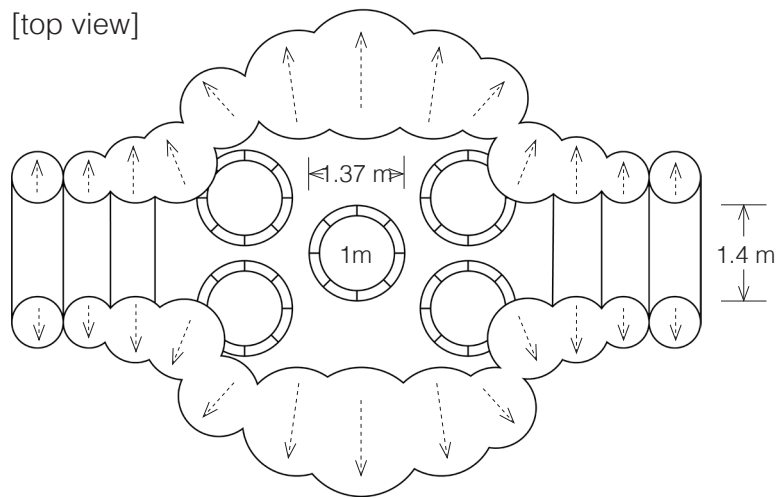
The "X" is what I would like to bring to people through this installation. **Make mistakes**, is what I would like to share with the participants. When we were at the workplace, zero mistakes are what everyone's chasing-goal, which creates stress and anxiety. Instead of stepping on, I would like to let people **fall into** it. So I choose to use the trampoline as the inside surface of the installation, which could not only achieve a good soft feeling of the clouds but also ensure people's safety. Suddenly **drop into a cloud**, which could blow people's minds and forget the pressure immediately.

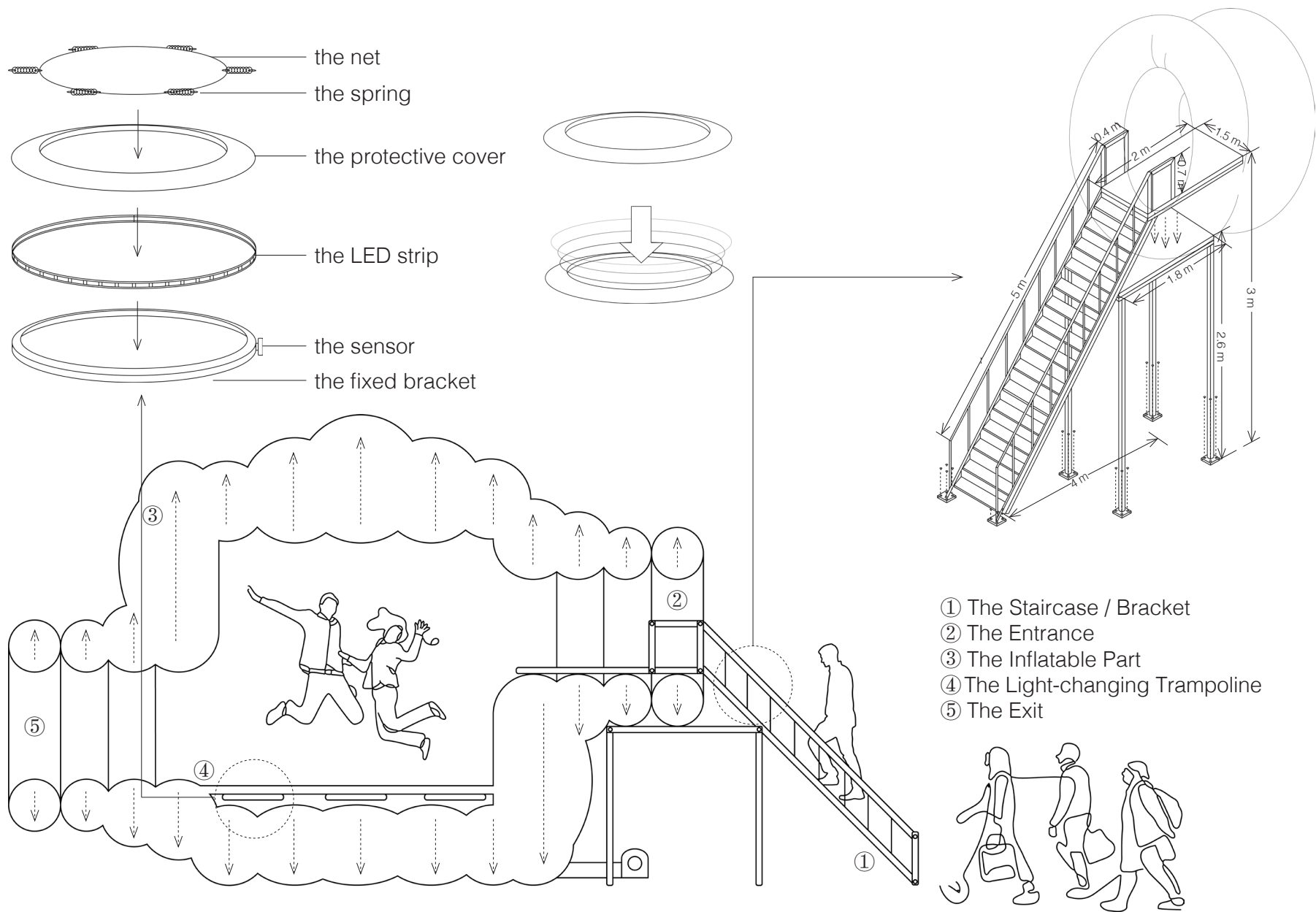
Transformation is the interaction between the participants and the installation. By visualizing this change, I choose LED strip lights, which could easily achieve various color transformations. By this color-changing, I would like to let people have a sense of accomplishment, to better interact with the installation and also to complete the transformation of **pressure to power**, in a metaphorical way.

[front view]

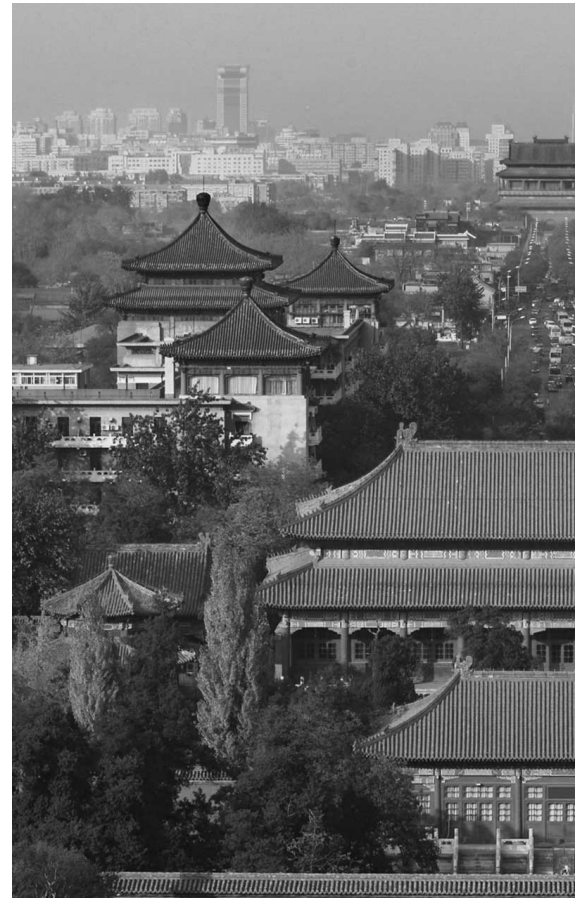


[top view]





A TALE OF 2 CITIES

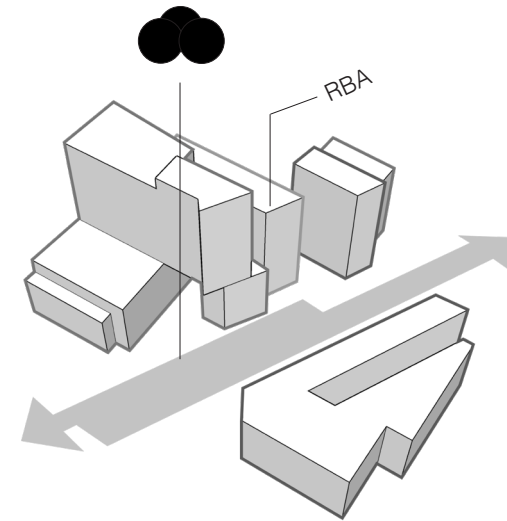


Barcelona

Beijing

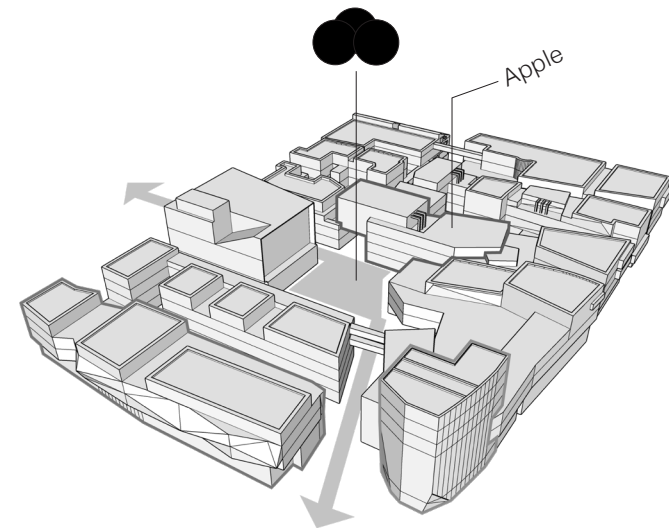
EI 22@, this cosmopolitan-feeling area is located in the center of Barcelona city, mostly surrounded by office buildings which bring a large number of white-collar workers. This area is famous for its **innovation** and **technological** characteristics.

Also based on the **strong business atmosphere**, a large number of coworking projects have emerged accordingly into the Glorias central business district. Meanwhile, more and more small and medium enterprises or some **large companies** choose to set up their Barcelona office base in this center. A diverse and vibrant community environment, I think that will establish a good relationship with the installation.



Sanlitun Taikooli is located in the central and western part of Chaoyang District, Beijing. Sanlitun is divided into the Southern and the Northern two districts. The northern area is mainly the embassy area, where a large number of foreigners live, make it **the most international** area in Beijing.

The southern area is the **shopping** and **entertainment** area, which gathers a large number of stores, restaurants, bars. Sanlitun is the most lively night place in Beijing. There are a large number of schools and office buildings around Sanlitun too, and also the **Sanlitun SOHO** which makes it into an international area **between business** and **leisure** in Beijing.





CONCLUSION Under too much pressure and always feel anxiety is a common urban social problem. The main topic discussed in this project is that under the excessive city pressure, since it cannot be avoided, how to better alleviate and reduce the negative effects of it.

Based on the research of the inflatable design, I found it's light, easy to disassemble, install, and transport, which provides more possibilities for the choice of location. After an effective study and research to combat stress, I have concluded that by doing an appropriate increase in exercise can be beneficial for the body to release dopamine, from a biological point of view to stimulate the brain to produce a feeling of happiness. Deep Pressure Stimulation(DPS) is also a good way to resist anxiety and stress, which produces a physical decompression method through extrusion. The design of this installation is mainly for urban residents, mainly young and middle-aged, white-collar, office-based workers. Two aspects of physiology and spirit are used to stimulate the brain to produce a happy feeling and sensation to achieve the effect of decompression.

Base on the same topic, under too much stress, through by place the installation at 2 different cities which have huge different cultures, languages, social lifestyles, I believe that this project can not only be used as an installation to help people to alleviate stress but can also help and support others researches related to stress, such as how people react to stress through different cultures, nationalities, etc.

THANKS